

Focus: Drills and Pulls

Monday

Warm Up

3 x 100 Swim (2x EZ, 1x build pace)

6 x 50 Non-Free stretch and loosen, DPS

8 x 25 Odd 25 Fist Swim/Even Sprint (800)

Pulls, Strong Swim Efforts, EZ Kicks

3 x 100 Free Base +:15

3 x 100 Pull (free, back, breast) (600)

1x thru:

2 x 50 Build Base Pace

2 x 50 Free ~90% effort Base -:05

1 x 100 Non-Free EZ R:10

1 x 100 Kick EZ R:30 (400)

1x thru: (IMO no Fly)

1 x 150 IMO Base Pace

1 x 50 Pull (back or breast) Base Pace

1 x 150 IMO Base Pace -:05

1 x 50 Pull (back or breast) Base Pace -:05

(400)

Cool Down:

200 EZ Choice, scull, high hips, streamline kick